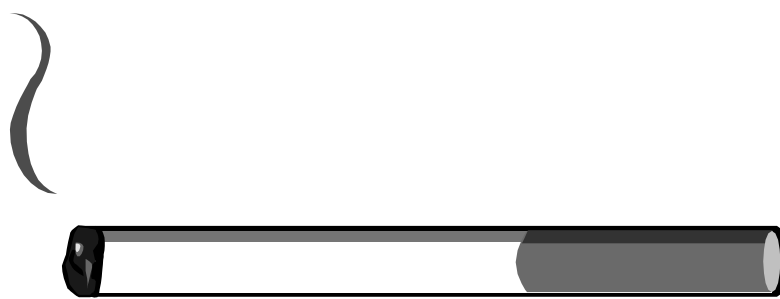


What Happens To Your Body When You Quit Smoking?



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- ✱ **20 minutes:** blood pressure drops to normal, pulse rate returns to normal and your body temperature increases to normal
- ✱ **8 hours:** carbon monoxide level in blood drops to normal, energy level in blood increases to normal
- ✱ **24 hours:** chance of heart attack decreases
- ✱ **48 hours:** nerve endings start regrowing, ability to smell and taste is enhanced to normal levels
- ✱ **2 weeks:** circulation improves, lung function increases up to 30%
- ✱ **1-9 months:** cilia regrow in lungs which helps breathing and reduces infections, sinus congestion and coughing decreases, body's overall energy increases
- ✱ **1 year:** risk of coronary heart disease is half that of a smoker

✱ **5 years:** lung cancer death rate decreases by half, stroke risk is reduced to that of a non-smoker, risk of mouth, throat and esophagus cancer is reduced by 50%

✱ **15 years:** risk of coronary heart disease is that of a non-smoker

Source: MedicineNet.com